



RULES AND REGULATIONS

A PLAYER DEVELOPMENT INITIATIVE BY THE:







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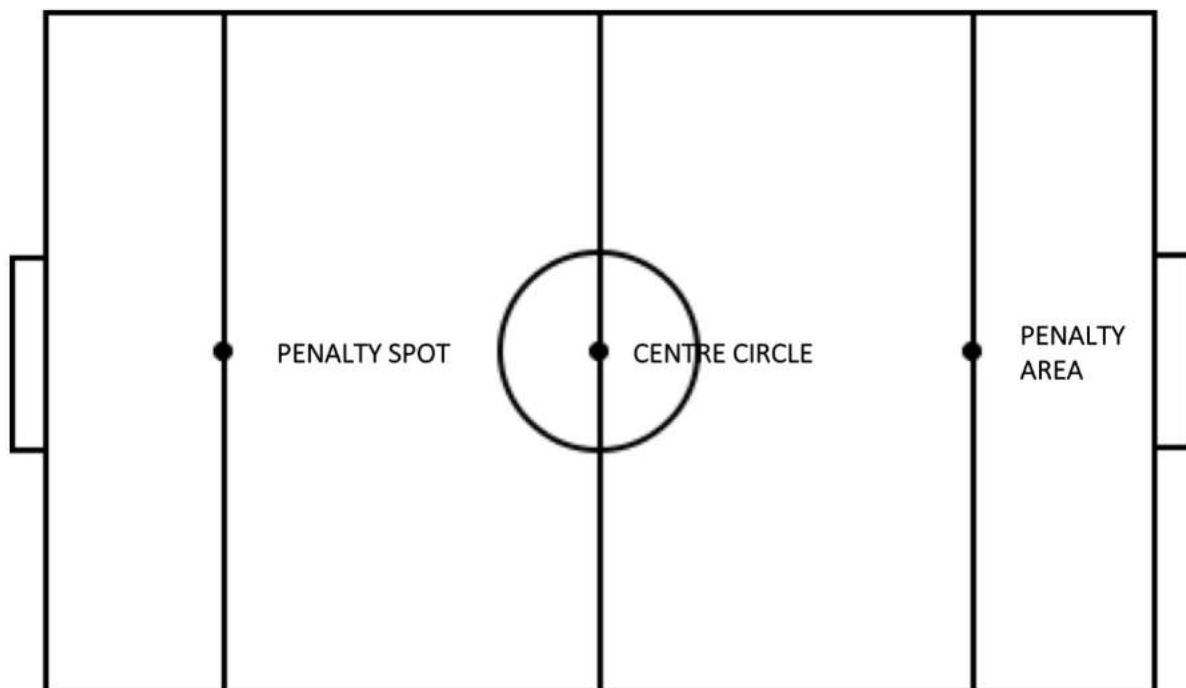
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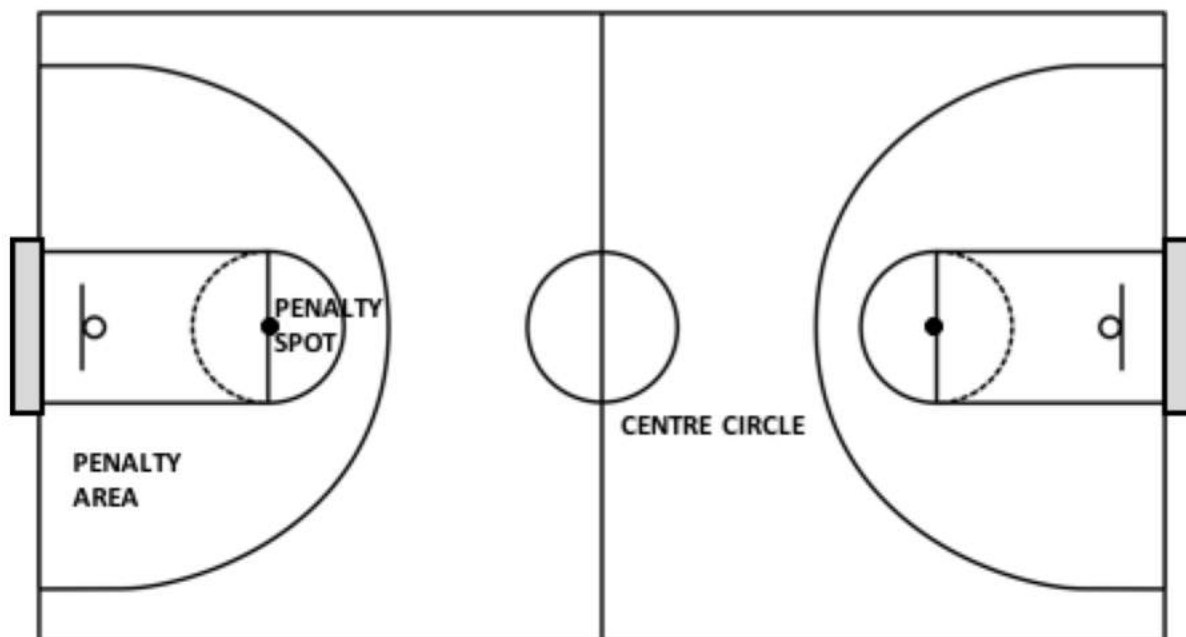
FIELD OF PLAY



STANDARD PITCH: 5 V 5 TO 7 V 7



BASKET BALL COURT: 5 V 5 TO 7 V 7 (YOUNGER PLAYERS)



FIELD OF PLAY



7 v 7

LENGTH	
MINIMUM	40 METERS
MAXIMUM	55 METERS
BREADTH	
MINIMUM	30 METERS
MAXIMUM	40 METERS

5 v 5, 6 v 6

LENGTH	
MINIMUM	25 METERS
MAXIMUM	35 METERS
BREADTH	
MINIMUM	15 METERS
MAXIMUM	20 METERS

FIELD MARKINGS	7 v 7	5 v 5, 6 v 6
CENTRE CIRCLE	5 METERS	5 METERS
PENALTY AREA (LINE) ACROSS THE WIDTH	5-6 M FROM GOAL LINE	4-5 M FROM GOAL LINE
CORNER ARC (OPTIONAL)	.75 M	.5 M
HALF WAY LINE	EQUIDISTANT FROM GOAL LINE	
GOAL LINE	ACROSS THE GOAL FACE	
PENALTY SPOT	ON THE PENALTY LINE	



FIELD OF PLAY



PLAYING SURFACE

- GRASS
- ARTIFICIAL/PLASTIC GRASS
- WOOD
- CEMENT/CONCRETE
- BASKETBALL COURT
- SAND/GRAVEL
- RUBBER

VENUE ORGANISERS MUST ENSURE THAT THE SURFACE IS:

- SAFE
- EVEN PLAYING SURFACE
- WELL MAINTAINED
- MARKED OUT CLEARLY
- ATTRACTIVE WITH BRANDING AND LEAGUE RELATED PROMOTION
- LEAGUE AND PARTICIPATING CLUB BRANDING (IF HOME AND AWAY)

GROUND MARKING

- POWDER, CHALK OR TAPE (PREFERRED)
MARKING MINIMUM 6 CM THICK
MARKING MAXIMUM 10 CM THICK
- FLAT RUBBER SPOTS (PREFERRED)
- CONES (FOR CORNERS)
- CORNER POLES WITH FLAGS (PREFERRED)
- A LINE TO INDICATE MINIMUM DISTANCE AWAY FROM THE CORNER FLAT IS RECOMMENDED



GOALPOSTS



7 V 7

HEIGHT	
MINIMUM	5 FEET
MAXIMUM	8 FEET
WIDTH	
MINIMUM	10 FEET
MAXIMUM	20 FEET

5 V 5, 6 V 6

HEIGHT	
MINIMUM	4 FEET
MAXIMUM	7 FEET
WIDTH	
MINIMUM	8 FEET
MAXIMUM	12 FEET

- GOALPOSTS CAN BE MADE FROM ANY MATERIAL (STEEL, ALUMINIUM, PLASTIC, WOOD ETC.)
- THEY SHOULD BE OF NO DANGER TO THE PLAYERS
- THE GOALPOST MUST BE WHITE IN COLOUR
- IT IS RECOMMENDED TO INSTALL NETS FOR THE GOAL POST
- IT IS RECOMMENDED THAT THE GOALS ARE SECURED TO THE GROUND IF POSSIBLE
- IN CASE OF A DAMAGED GOAL POST, IT CAN BE REPLACED BY ANOTHER ONE AS LONG AS BOTH GOALS ON THE PITCH ARE THE SAME (SIZE OF THE REPLACED GOAL POSTS CAN VARY FROM WHAT WAS USED INITIALLY)



MATCH BALL



6-9 YEAR OLDS:

SIZE 3 OR 4

- It will have a circumference of 58-72 cms
- Weight not exceeding 360 grams less than 340 grams

10-13 YEAR OLDS:

SIZE 4 OR 5 BALL

- It will have a circumference of 62-70 cms
- Weight not exceeding 420 grams less than 380 grams

REPLACEMENT OF A DEFECTIVE BALL

IF THE BALL EXPLODES OR IS DAMAGED DURING THE GAME:

- Game will be interrupted
- The game shall be resumed by means of a drop ball executed with a new Ball in place where the first was damaged.

IF THE BALL EXPLODES OR IS DAMAGED WHEN IT IS NOT IN PLAY

(kick-off, kick-off, corner kick, free kick, penalty kick or throw-in)

- The match will resume according to the rule.
- The ball can not be changed during the match without the permission of the referee.



GAME FORMAT



FLEXIBLE

PITCH SIZE AVAILABLE WILL DECIDE THE GAME FORMAT THAT THE PLAYERS WILL PLAY.

MINIMUM 5 V 5 AND MAXIMUM 7 V 7

FOR EXAMPLE IN A CENTRALISED VENUE WITH 'FIXED GROUND MARKINGS':

- Younger aged players will play in bigger numbers **(7 V 7)**
- Older aged players will play in smaller numbers **(5 v 5)**
- The objective is to give the players a playing space that is **'tight'** and suited to carry out a good game.
- League organisers are encouraged to assess the size of the players and adjust the game format accordingly.

AT DIFFERENT VENUES EACH WEEK THE PLAYERS CAN BE EXPECTED TO PLAY IN AND TAKE ADVANTAGE OF VARYING GAME FORMATS, PITCH SIZES AND GOAL SIZE.



AGE CATEGORIES



THE LEAGUE MUST CONSIST OF AGE CATEGORIES THAT HAVE:

- 5-6 YEAR OLDS IN THE YOUNGEST AGE BRACKETS
- 12-13 YEAR OLDS IN THE OLDEST AGE BRACKETS

THE TOURNAMENT CAN BE DRAWN BY TWO AGE CATEGORY MODELS:

SINGLE AGE BAND MODEL

AGE GROUPS SEPARATED BY 12 MONTHS FROM OLDEST TO YOUNGEST IN EACH AGE CATEGORY

IMPLIES THAT EACH PARTICIPATING TEAM WILL HAVE **8 AGE GROUP SQUADS**

DUAL AGE BAND MODEL

AGE GROUPS SEPARATED BY 24 MONTHS FROM OLDEST TO YOUNGEST IN EACH AGE CATEGORY

IMPLIES THAT EACH PARTICIPATING TEAM WILL HAVE **4 AGE GROUP SQUADS**



ENGAGEMENT MODELS



SINGE AGE BAND

U7 v U7
U8 v U8
U9 v U9
U10 v U10
U11 v U11
U12 v U12
U13 v U13
U14 v U14



8 GAMES PER
MATCH DAY

1 GAME PER AGE BAND
FOR EACH TEAM

DUAL AGE BAND

U8 v U8
U10 v U10
U12 v U12
U14 v U14



4 GAMES PER
MATCH DAY

1 GAME PER AGE BAND
FOR EACH TEAM



ALL INDIA
FOOTBALL
FEDERATION



TEAM REGISTRATIONS



SINGLE AGE BANDS

AGE	MINIMUM	MAXIMUM
06 YEARS OLD	8 PLAYERS	12 PLAYERS
07 YEARS OLD	8 PLAYERS	12 PLAYERS
08 YEARS OLD	8 PLAYERS	12 PLAYERS
09 YEARS OLD	8 PLAYERS	12 PLAYERS
10 YEARS OLD	8 PLAYERS	12 PLAYERS
11 YEARS OLD	8 PLAYERS	12 PLAYERS
12 YEARS OLD	8 PLAYERS	12 PLAYERS
13 YEARS OLD	8 PLAYERS	12 PLAYERS

- MINIMUM REGISTRATIONS PER TEAM IS 64
- MAXIMUM REGISTRATIONS PER TEAM IS 96
- EACH TEAM CONSISTS OF 8 SINGLE AGE BANDS
- A TEAM MUST HAVE THE MINIMUM NUMBERS (08) REGISTERED **IN EACH AGE CATEGORY** TO PLAY IN THE LEAGUE

IF MIXED:

- MAXIMUM OF 4 GIRLS ALLOWED TO REGISTER FOR EACH AGE BAND
- BOYS WILL NOT BE ALLOWED TO PARTICIPATE IN A LEAGUE EXCLUSIVELY FOR GIRLS



TEAM REGISTRATIONS



SINGLE AGE BANDS

AGE	MINIMUM	MAXIMUM
06 AND 07 YEARS OLD	8 PLAYERS	12 PLAYERS
08 AND 09 YEARS OLD	8 PLAYERS	12 PLAYERS
10 AND 11 YEARS OLD	8 PLAYERS	12 PLAYERS
12 AND 13 YEARS OLD	8 PLAYERS	12 PLAYERS

- MINIMUM REGISTRATIONS PER TEAM IS 32
- MAXIMUM REGISTRATIONS PER TEAM IS 48
- EACH TEAM CONSISTS OF 4 DUAL AGE BANDS
- A TEAM MUST HAVE THE MINIMUM NUMBERS (8) REGISTERED **IN EACH AGE CATEGORY** TO PLAY IN THE LEAGUE



MATCH DAY



PLAYING TIME

AGE	ACTIVE PLAYING MINUTES
06 YEAR OLDS	40 MINUTES
07 YEAR OLDS	40 MINUTES
08 YEAR OLDS	50 MINUTES
09 YEAR OLDS	50 MINUTES
10 YEAR OLDS	60 MINUTES
11 YEAR OLDS	60 MINUTES
12 YEAR OLDS	60 MINUTES
13 YEAR OLDS	60 MINUTES

BREAK IN PLAYING TIME:

OPTION 1: 2 HALVES WITH 1 BREAK

NOT LESS THAN 5 MINUTES

NOT MORE THAN 8 MINUTES

OPTION 2: 4 QUARTERS WITH 3 BREAKS

EACH BREAK:

NOT MORE THAN 3 MINUTES



REFEREES



EACH MATCH SHALL BE CONTROLLED BY A REFEREE WHO SHALL HAVE FULL AUTHORITY TO ENFORCE THE RULES OF THE GAME IN THE MATCH FOR WHICH IT HAS BEEN APPOINTED.

THE REFEREE'S ROLE

- To enforce the rules of the game.
- To control the match in cooperation with the assistant referees when available.
- To ensure that the match ball meets the requirements of the tournament.
- To ensure that the equipment of the players complies with the requirements of the tournament.
- To act as a timekeeper and account for lost time.
- To take note of key incidents in the match.
- To interrupt, suspend or end the match if the situations demands.
- To interrupt the game when a player has suffered a serious injury and will need to be carried off the playing area.
- To allow the game to continue until the ball is out of play if the referee feels the player is only slightly injured.
- To order any player suffering a bleeding injury to leave the field of play. The player may only re-enter after the referee has made sure that the wound has stopped bleeding.
- To allow the game to continue if the team against whom a foul has been committed shall benefit from such an advantage.



REFEREES AUTHORITY

- To take disciplinary action against players who commit fouls and decide if they deserve a warning or sending off.
- Decisions are not to be taken immediately, but should be done as soon as the game is stopped.
- To take action against official officials of teams who do not behave responsibly and may, if deemed necessary, expel them from the pitch.
- To act in accordance with the indications of his assistant referees (if available) regarding with incidents that he has not been able to observe.
- To prevent unauthorized people from entering the field of play and resume play after the unauthorised person has been sent away
- To write a report to the league organisers that will include information on all disciplinary measures taken against players and / or officials of the teams and any other incidents occurred before, during and after the match.

REFEREES DECISIONS

The referee's decisions about facts in relation to the game are final. Unless:

- The referee may change his decision as long as he has not restarted play or has not finished the match
- He himself realizes that the decision is wrong.

REFEREES



REFEREES RESPONSIBILITY:

An referee(or, if applicable, an assistant referee) shall not be liable for:

- Any type of injury suffered by a player, official official or spectator.
- Any damage of property to the game venue.
- Any other loss suffered by an individual, club, league organisers, company, association or entity,

THE REFEREE MAY INTERRUPT OR SUSPEND A GAME IF:

- The conditions of the playing field, the time of the day, weather are such that they do not allow for a game to be played. (with the consent of the participating teams)
- Suspend a match due to dangerous spectator behavior and threats occurring from outside the field of play that can put the participants in danger.
- The condition of the accessories and the equipment used during a match, including goal posts, crossbar, corner posts and ball can cause harm to the players or not of standard.



RULE 1: PLAYERS AND SUBSTITUTIONS



1.1 MINIMUM NUMBERS TO START A GAME

The game will be played by two teams, each composed of five (5) players six (6) or seven (7), one of whom must be a goalkeeper (goalkeeper).

The game format will be decided according to venue dimensions and the age group of the players.

During the match one of the other players may play the role of goalkeeper, provided that the referee is informed previously.

YOU CAN NOT START THE GAME IF ONE OR BOTH TEAMS HAVE A MINIMUM OF:

THREE (3) IN CASE OF 5 V 5,
FOUR (4) IN CASE OF 6 V 6 OR
FIVE (5) IN CASE OF 7 V 7

1.2. RULES TO ACCOMMODATE LACK OF MINIMUM NUMBERS:

- Players from a lower age group can step up to play in a higher age group to make up minimum numbers.
- A minimum of 2 players in case of 5 v 5/6 v 6 and 3 players in case of 7 v 7 will have to be from the age category in question to accommodate the use of players in the lower age groups.
- The opposing team can be requested to match the minimum numbers of the team. If they agree they will have to abide by the agreement till the end of the game.

1.3. NUMBER OF SUBSTITUTIONS:

06 TO 09 YEAR OLDS: A cumulative total of 09 (nine) changes per game will be allowed with players coming off being allowed to go back in. After completing 09 changes no more changes will be allowed.

10 TO 13 YEAR OLDS: A cumulative total of 09 (nine) changes per game will be allowed with players coming off being allowed to go back in. After completing 09 changes no more changes will be allowed.

NOTE: League organisers can choose a unlimited rolling substitution model.



RULE 1: PLAYERS AND SUBSTITUTIONS



1.4. SUBSTITUTIONS PROCEDURE:

- a. The substitute player will be brought to the midline by the coach.
- b. It is understood that the player will meet all kit and equipment regulations.
- c. The substituted player must leave the field of play quickly.
- d. The substitute shall not be allowed to enter the field of play until the player he has replaced has left the pitch and has also not until the approval/signal to enter has been received from the referee.
- e. The substitute will enter the field of play only by the midline and during an interruption of play.
- f. A substitution process will be complete when the substitute enters the field of play.
- g. From that moment, the substitute becomes a player, and the player at he replaces ceases to be a player.
- h. All substitutes are subject to the authority and jurisdiction of the referee.

1.5. ANY OF THE PLAYERS MAY CHANGE THEIR POSITION WITH THE GOALKEEPER, AS LONG AS:

- a. The referee has been previously informed.
The change is made during an interruption of play.

1.6. IF A SUBSTITUTE ENTERS THE FIELD OF PLAY WITHOUT THE AUTHORIZATION OF THE REFEREE:

- a. The game will be interrupted.
- b. The substitute will be issued a warning.
- c. The game will be resumed by a free kick in favor of the opposing team at the place where the spot was interrupted.



RULE 1: PLAYERS AND SUBSTITUTIONS



1.7. SUBSTITUTION VIOLATION:

If during a game, a player, without prior notification to the referee, changes positions with the goalkeeper and plays the ball with hand in the penalty area, a penalty will be awarded.

Any player who, without the consent of the referee, except in case of an accident, leaves the field during the development of the game, will be found guilty of misconduct.

If a player decides during the halftime break, to substitute the goalkeeper, the referee must be informed of this change, before resuming the match.

1.8. EXCEPTIONS:

During play, the referee may authorize changes of players, either by injury or at the request of the captains to make the necessary change in order to maintain even playing numbers.



RULE 2: TEAM KITS



THE REFEREE WILL INSPECT ALL PLAYERS BEFORE THE GAME STARTS

2.1 THE MANDATORY BASIC EQUIPMENT OF A PLAYER WILL BE:

- A T-SHIRT THAT MUST HAVE AN IDENTIFICATION NUMBER.
- SHORTS.
- SOCKS (ANY TAPING OR STRAPPING MUST BE OF THE SAME COLOUR AS THE SURFACE IT HAS BEEN APPLIED TO)
- **SHIN-GUARDS**
They shall be fully covered by stockings
They must be of an appropriate material (rubber, plastic or similar)
They must provide a reasonable degree of protection.
- **FOOTWEAR** will be made of canvas or soft leather -, which does not have Reinforced toes. The sole must be made of rubber, plastic, soft sole or similar. The footwear have no element which may cause injury. The studs may be changeable but can not be metallic.

2.2 EACH GOALKEEPER WILL WEAR COLORS THAT DIFFERENTIATE HIM FROM OTHERS PLAYERS, THE REFEREE AND THE ASSISTANT REFEREES.

2.3 Players are allowed to play with track bottoms of the same colours as the team kit and addition layers of clothing underneath the team kit.

Any inner wear underlapping sleeves and shorts must be of the same colour.



RULE 2: TEAM KITS



2.4 IN THE EVENT A PLAYER IS FOUND TO NOT MEET THE KIT REQUIREMENTS:

- It will not be necessary to stop the game.
- The referee will order the offending player to leave the pitch to put their equipment in order.
- The player will leave the pitch on the next occasion the ball is not in play, unless by then the player has already addressed the requirement.
- The referee will have to make sure that the player's equipment is in order before allowing him to re-enter the field of play.
- Any player who has to leave the field to put his equipment in order may not return to the field without the referee's authorization. A free kick will be issued to the opponents from the spot where the referee stops play in case the re-entry is done without the referees approval.



RULE 3: KICK OFF



- a. At the beginning of the game (kick-off), the choice of side to play in and the kick-off will be decided by a coin toss.
- b. The team that wins the toss will have the right to choose either the side of the field or to kick off.
- c. At the referee's whistle, the game will start with a kick-off from the center spot (backward kicks allowed)
- d. All the opponent players must be located in their own field and not be allowed to approach the players kicking off closer than five meters (if no center circle marked) from the ball before they start play.
- e. The player who kicks-off will not play the ball again before it has been touched or played by another player.
- f. The ball has to move a move a distance of it's circumference to be considered a legitimate kick. (merely touching the ball at kick off won't be considered a kick off)
- g. After the half time break, the teams will change sides and the kick-off will be made by the team that didn't play the initial kick off.
- h. In case of the kick off being disturbed or not being executed correctly it will be repeated.
- i. A goal can't be scored directly from the first touch of a kick-off.
- j. A kick off will re-start play after a goal has been scored.



RULE 4: BALL IN PLAY



4.1 THE BALL IS NOT IN PLAY WHEN:

- when it has completely gone over a touch line or the goal line either aerially or on the ground
- when the game has been interrupted or stopped by the referee

4.2 THE BALL IS IN PLAY AT ALL TIMES, FROM THE BEGINNING TO THE END OF THE MATCH, EVEN IN THE FOLLOWING CASES

- the rebounds back into the field of play after having touched a part of the goal post or corner flags
- if it rebounds within the field of play after having touched the referee

4.3 THE LINES MARKED ON THE PITCH BELONG TO THE PLAYING AREA THEY LIMIT, CONSEQUENTLY, THE TOUCH LINES AND GOAL LINES ARE PART OF THE PITCH.

If the ball is stopped by a foreign body outside these lines back into the field of play without completely crossing, it must be restarted from the spot it could have crossed over the lines from.



RULE 5: THROW IN



- a. When the ball as a whole has crossed the **touch line**, either aerially or on the ground, it will be put into play again, by throwing it into the field in any direction, from the point where the ball crossed the line by the team that didn't touch the ball before it left the field of play.
- b. The player who takes the throw, at the time of throwing the ball must face the field of play and have both feet resting on the ground and off the line. The throw must release the ball over the head and with both hands.
- c. The ball will be in play as soon as it has been thrown, but cannot be touched by the player who made the throw until another player has touched the ball.
- d. If a player who took the throw returns to play the ball before it has been touched or played by another, a free kick will be awarded to the opposing team, at the spot where it occurred.
- e. No goals can be scored directly from a throw-in.
- f. The ball must be played in a throw-in without wasting time, the team who does so can be penalized.
- g. Ages 10 and below the referee need not correct and award a re-throw for incorrect execution of the throw in. The team staff can help players understand the mechanics of a throw as they develop.



RULE 6: GOAL KICKS AND CORNERS



6.1 GOAL KICK

When, after being last touched by a player from the attacking side, the ball passes the goal line, whether aerially or on the ground the play will restart with a kick from anywhere within the penalty area.

6.2 CORNERS

- When the ball as a whole has crossed the goal line, excluding the part between the goal posts, either by aerially or on the ground, last touched by the defending side, a corner kick will be awarded to the attacking team.
- The ball will be kicked from the corner arc. The ball will be placed on the ground at the corner arc before the kick is taken.
- When a corner kick is made, opposing players must be no less than three (3) meters from the corner kick before the ball is played.
- Violation of the rule to maintain distance from the kick leading to the corner kick being interrupted shall be punishable by a free kick, awarded to the attacking side.

6.3. CORNERS PROCESS

The corner is a way of restarting play. A goal may be scored directly from a corner kick

PROCESS

- The ball is placed inside the quadrant of the corner flag more near.
- The players cannot move the flag to accommodate their kick
- Opponents remain at least 5 m. the ball to that is at stake.
- The ball is kicked by a player of the attacking team.
- **The ball is in play when it is kicked and moves clearly.**
- The kicker must not play the ball again until it has touched another player.



RULE 6: GOAL KICKS AND CORNERS



6.4 VIOLATIONS: THE CORNER KICK

If the ball is in play, the kicker touches the ball again (except with his hands) before it has touched another player:

- A free kick at the place where the infringement occurred shall be granted to the defending team.
- A penalty kick is awarded if the ball is handled or a foul by the defending team has occurred in the penalty area.
- A free kick is awarded if the ball is handled or a foul by the attacking team has occurred in the penalty area.
- Any other violations the corner kick is taken again.



RULE 7: FREE KICKS



NOTE: ALL FREE KICKS AWARDED WILL BE DIRECT BY DEFAULT WITH THE ATTACKING TEAM GIVEN THE OPTION TO PLAY IT INDIRECTLY

7.1 A FREE KICK SHALL BE AWARDED TO THE OPPOSING TEAM IF A PLAYER COMMITS ONE OF THE FOLLOWING TEN (10) FOULS IN A MANNER THAT THE REFEREE CONSIDER RECKLESS, DANGEROUS OR WITH THE USE OF EXCESSIVE FORCE:

1. Kick or try to kick an opponent.
2. Putting or trying to trip an opponent.
3. Jumping on an opponent to cause harm.
4. Charge violently against an opponent.
5. Hitting or attempting to hit an opponent.
6. Pushing an opponent using their hands.
7. At the moment of trying to win the the ball, kicks the opponent before touching the ball.
8. Hold an opponent and now allow him to move.
9. Spitting on an opponent.
10. To touch the ball with the hands deliberately (the goalkeeper is exempted within the penalty area)

7.2 A FREE KICK SHALL BE AWARDED TO THE OPPOSING TEAM IF A GOALKEEPER COMMITS ONE OF THE FOLLOWING FOULS WITHIN HIS OWN PENALTY AREA:

- a. It takes more than six seconds to put the ball in play after it has been controlled with their hands. The goalkeeper is considered to control the ball when they take it with any part of your hands or arms.
- b. To touch the ball with the hands after having put it in play with his feet and without an opponent player touching it.



RULE 7: FREE KICKS



7.3. A FREE KICK SHALL AWARDED TO THE TEAM DEFENDING A SET PIECE IF PLAYERS IN THE ATTACKING TEAM

- a. Play in a dangerous way.
- b. Restrict the the movement of an opponent
- c. It prevents the goalkeeper from taking the ball with their hands.
- d. Obstruct the action of the goalkeeper or hinders their vision deliberately within their own goal area, prior to the execution of a free kick, a corner kick and when the ball is in play.
- e. Commits any other foul for which the game is interrupted to receive a warning or expulsion.



RULE 8: FREE KICKS PROCEDURE



8.1 FREE KICK PROCESS

- The free kick is taken from the spot where the foul occurred
- All opponents must be at least 5 meters behind the ball.
- The ball is in play as soon as the ball is kicked
- A free kick awarded in the goal area may allow the wall to stand closer if the distance between the kick and the goal line is less than 5 meters

8.2 THE KICK IS RE-TAKEN WHEN:

- During a free kick an opponent is closer to the ball than the minimum distance.
- If the ball is in play, the kicker touches for the second time the ball (except with his hands) before it has touched another player.
- If the kick is taken quicker than the referee allows (quick free kicks must be informed to the referee, before he sets the wall)



RULE 9: PENALTY KICK



9.1. THE KICK

- a. Once the referee has signaled for a penalty kick to be taken, the kick must be taken.
- b. The player taking the penalty kick must kick the ball forward; back-heeling is permitted provided the ball moves forward.
- c. The ball is in play when it is kicked and clearly moves.
- d. The kicker must not play the ball again until it has touched another player.
- e. The penalty kick is completed when the ball stops moving, goes out of play or the referee stops play for any infringement of the Laws.
- f. Additional time is allowed for a penalty kick to be taken and completed at the end of each half of the match or extra time.

9.1.1. THE KICKER AND GOALKEEPER

- a. The ball will be placed on the penalty spot.
- b. The player taking the penalty must be properly identified.
- c. The defending goalkeeper must remain on his goal line, facing the shot, and between the goalposts until the ball is in play.

9.1.2. LOCATION OF PLAYERS OTHER THAN THE KICKER AND THE ATTACKING GOALKEEPER:

- a. In the playing area
- b. Outside the penalty area on the line parallel to the goal line
(+ 5 METERS AWAY FROM THE SPOT).
- c. All players must remain outside the area till the kick has been made. It will be considered a violation if they enter the area before the ball is kicked.
- d. The referee will not signal a penalty kick until all players former located in a position to allow for a kick.



RULE 9: PENALTY KICK



9.2 VIOLATIONS OF THE LAWS

IF, BEFORE THE BALL IS IN PLAY, ONE OF THE FOLLOWING OCCURS:

9.2.1: THE PLAYER TAKING THE PENALTY KICK OR A TEAM-MATE INFRINGES THE LAWS OF THE GAME:

- If the ball enters the goal, the kick is retaken
- If the ball does not enter the goal, the referee stops play and restarts with a free kick

9.2.2. THE FOLLOWING IS WHEN PLAY WILL BE STOPPED AND RESTARTED WITH FREE KICK, REGARDLESS OF WHETHER OR NOT A GOAL IS SCORED:

- a penalty kick is kicked backwards
- a team-mate of the identified kicker takes the kick; the referee cautions the player who took the kick
- feinting to kick the ball once the kicker has completed the run-up (feinting in the run-up is permitted); the referee cautions the kicker

9.2.3. THE GOALKEEPER OR A TEAM-MATE INFRINGES THE LAWS OF THE GAME:

- if the ball enters the goal, **a goal is awarded**
- if the ball does not enter the goal, **the kick is retaken**
the goalkeeper is cautioned if responsible for the infringement
- A player of both teams infringes the Laws of the Game,
The kick is retaken unless a player commits a more serious offence (e.g. illegal feinting)

9.2.4. IF, AFTER THE PENALTY KICK HAS BEEN TAKEN:

- The kicker touches the ball again before it has touched another player: A free kick is awarded
- the ball is touched by an outside agent as it moves forward: the kick is retaken
- the ball rebounds into the field of play from the goalkeeper, the crossbar or the goalposts and is then touched by an outside agent:
 - the referee stops play
 - play is restarted with a dropped ball at the position where it touched the outside agent



RULE 10: CONDUCT AND VIOLATIONS OF RULES



NOTE:

AGES 09 AND BELOW NO CARDS WILL BE ISSUED.

PLAYERS WILL NEED TO BE EDUCATED BY REFEREES AND CORRECTED BY TEAM STAFF ON CONDUCT. THE PLAYER CAN BE REPLACED BY ANOTHER PLAYER IF THE TEAM MANAGEMENT CHOOSES TO DO SO WITH APPROVAL OF THE REFEREE AND OPPOSING TEAM IN CASE ALL SUBSTITUTIONS HAVE BEEN MADE.

10.1. A PLAYER WILL BE SHOWN THE YELLOW CARD IF HE COMMITS ANY OF THE SEVEN FOULS.

10.1. CAUTIONS

1. Is guilty of unsporting behavior.
2. Dissent by word or action the referee's decisions.
3. Persistently infringes the Laws of the Game.
4. Delaying the restart of play.
5. Constant failure to respect the required distance when a corner kick or free kick.
6. Enter or re-entering the pitch without the referee's permission.
7. Deliberately leaves the field of play without the referee's permission.

10.1.1. A VERBAL WARNING WHEN:

1. The player is guilty of unsporting behavior.
2. Shows dissent by word or action towards the referee's decisions.
3. Repeated violations of the Laws of the Game:
There is no number of violations or other indication specific about what qualifies for "repeatedly violating".
4. Delaying the restart of play.
5. Failure to respect the required distance when defending a corner kick or free kick.
6. Enter or re-entering the pitch without the referee's permission.
7. Deliberately leaves the pitch without the permission of referee.



RULE 10: CONDUCT AND VIOLATIONS OF RULES



10.1.2. CAUTIONS FOR UNSPORTING BEHAVIOR WHEN:

1. The player tries to deceive the referee. Examples: Faking an injury or pretend to be fouled (simulation)
2. Changes with the goalkeeper during play without permission of the referee.
3. Kick out recklessly at an opponent.
4. Touches the ball with his hand to interfere with play or to stop a promising attack.
5. Touches the ball with his hand in an attempt to score a goal (whether the player succeeds or not)
6. Touches the ball in an attempt to prevent a goal (whether the player succeeds or not)
7. Constantly abuse an opponent verbally.

10.2. SENDING OFF

NOTE:

AGES 09 AND BELOW NO CARDS WILL BE ISSUED.

PLAYERS WILL NEED TO BE EDUCATED BY REFEREES AND CORRECTED BY TEAM STAFF ON CONDUCT. THE PLAYER CAN BE REPLACED BY ANOTHER PLAYER IF THE TEAM MANAGEMENT CHOOSES TO DO SO WITH APPROVAL OF THE REFEREE AND OPPOSING TEAM IN CASE ALL SUBSTITUTIONS HAVE BEEN MADE.

10.2. A PLAYER WILL BE SHOWN THE RED CARD IF HE COMMITS ANY OF THE FIVE FOULS

1. Is guilty of serious foul play.
2. Being guilty of violent conduct.
3. Spits at an opponent or anyone else.
4. Employ offensive, rude and obscene language towards third parties.
5. Receiving a second caution in the same match.



RULE 10: CONDUCT AND VIOLATIONS OF RULES



10.2.1. SENDING-OFF OFFENCES

A player, substitute or substituted player who commits any of the following offences is sent off:

- Denying the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (except a goalkeeper within their penalty area)
- Denying an obvious goal-scoring opportunity to an opponent moving towards the opponents' goal by an offence punishable by a free kick (unless as outlined below)
- Serious foul play
- Spitting at an opponent or any other person
- Violent conduct
- Using offensive, insulting or abusive language and/or gestures
- Receiving a second caution in the same match

A player, substitute or substituted player who has been sent off must leave the vicinity of the field of play and the technical area.

1.2.2. DENYING A GOAL OR AN OBVIOUS GOAL-SCORING OPPORTUNITY

Where a player denies the opposing team a goal or an obvious goal-scoring opportunity by a deliberate handball offence the player is sent off wherever the offence occurs.

Where a player commits an offence against an opponent within their own penalty area which denies an opponent an obvious goal-scoring opportunity and the referee awards a penalty kick, the offending player is cautioned unless:

- The offence is holding, pulling or pushing or
- The offending player does not attempt to play the ball or there is no possibility for the player making the challenge to play the ball or
- The offence is one which is punishable by a red card wherever it occurs on the field of play (e.g. serious foul play, violent conduct etc.)

In all the above circumstances the player is sent off.

THE FOLLOWING MUST BE CONSIDERED:

- Distance between the offence and the goal
- General direction of the play
- Likelihood of keeping or gaining control of the ball
- Location and number of defenders



RULE 10: CONDUCT AND VIOLATIONS OF RULES



10.3. GOAL CELEBRATIONS

- Players can celebrate when a goal is scored, but the celebration must not be excessive; choreographed celebrations are not encouraged and must not cause excessive time-wasting.
- Leaving the field of play to celebrate a goal is not a cautionable offence but players should return as soon as possible.

10.3.1. A PLAYER MUST BE CAUTIONED FOR:

- Climbing onto a perimeter fence
- Gesturing in a provocative, derisory or inflammatory way
- Covering the head or face with a mask or other similar item
- Removing the shirt or covering the head with the shirt

10.4. DELAYING THE RESTART OF PLAY

Referees must caution players who delay the restart of play by:

- Appearing to take a throw-in but suddenly leaving it to a team-mate to take
- Delaying leaving the field of play when being substituted
- Excessively delaying a restart
- Kicking or carrying the ball away, or provoking a confrontation by deliberately touching the ball after the referee has stopped play
- Taking a free kick from the wrong position to force a retake

10.5. SERIOUS FOUL PLAY

A tackle or challenge that endangers the safety of an opponent or uses excessive force or brutality must be sanctioned as serious foul play.

Any player who lunges at an opponent in challenging for the ball from the front, from the side or from behind using one or both legs, with excessive force or endangers the safety of an opponent is guilty of serious foul play.



RULE 10: CONDUCT AND VIOLATIONS OF RULES



10.6. VIOLENT CONDUCT

Violent conduct is when a player uses or attempts to use excessive force or brutality against an opponent when not challenging for the ball, or against a team-mate, team official, match official, spectator or any other person, regardless of whether contact is made.

In addition, a player who, when not challenging for the ball, deliberately strikes an opponent or any other person on the head or face with the hand or arm, is guilty of violent conduct unless the force used was negligible.

10.7 OFFENCES WHERE AN OBJECT (OR THE BALL) IS THROWN

If while the ball is in play, a player, substitute or substituted player throws an object (including the ball) at an opponent or any other person the referee must stop play and if the offence was:

- **Reckless** – caution the offender for unsporting behaviour
- **Using excessive force** – send off the offender for violent conduct.

10.8. RESTART OF PLAY AFTER FOULS AND MISCONDUCT

If the ball is out of play, play is restarted according to the previous decision. If the ball is in play and a player commits an offence inside the field of play against:

- An opponent – indirect or direct free kick or penalty kick
- a team-mate, substitute, substituted player, team official or a match official – a direct free kick or penalty kick
- Any other person – a dropped ball
- If the ball is in play and a player commits an offence outside the field of play:
- If the player is already off the field of play, play is restarted with a dropped ball
- If the player leaves the field of play to commit the offence, play is restarted with an indirect free kick from the position of the ball when play was stopped.

However, if a player leaves the field of play as part of play and commits an offence against another player, play is restarted with a free kick taken on the boundary line nearest to where the offence occurred; for direct free kick offences a penalty kick is awarded if this is within the offender's penalty area.



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10.8. (CONTD.)

If a player standing on or off the field of play throws an object at an opponent on the field of play, play is restarted with a direct free kick or penalty kick from the position where the object struck or would have struck the opponent. Play is restarted with an indirect free kick if a:

- Player standing inside the field of play throws an object at any person outside the field of play
- Substitute or substituted player throws an object at an opponent standing inside the field of play





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